



INDEPENDENTCATERING | EDUCATER LIMITED

Made in your school kitchen! We prepare and cook all our menu items, so if you need to know the ingredients - please ask
All our meals are made daily from fresh locally sourced and seasonal produce from Kent

WEEK
2

DUE TO CURRENT SUPPLY RISKS, ALLERGENS MAY BE SUBJECT TO CHANGE



MONDAY 5 SEPTEMBER	TUESDAY 6 SEPTEMBER	WEDNESDAY 7 SEPTEMBER	THURSDAY 8 SEPTEMBER	FRIDAY 9 SEPTEMBER
Fish Fingers in a Wrap (1, 4)	Mild Beef Curry with Rice and Poppadum (1)	Roast Turkey with Yorkshire Pudding (1, 7, 9)	Shepherd's Pie topped with Rustic Potatoes	Beef Sausage in a Roll (1, 14)
Crispy Quorn Dippers (1, 7, 9)	Vegetable Cottage Pie with a Sweet Potato Topping	Roasted Vegetable Bake with a Herby Crumble (1)	Cheese and Tomato Pizza with Oven Baked Potato Wedges (1, 8, 9)	Vegetarian Sausage in a Roll (1, 8)
Chunky Tomato Pasta (1)	Macaroni Cheese (1, 9, 11)	Mixed Pepper Spirals (1)	Salmon Spaghetti (1, 4)	Vegetable Ragout Pasta (1)
Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings	Filled Baked Jacket Potato Please see our blackboard for choice of toppings
Herby New Potatoes, Baked Beans and Sweetcorn	Onion Bhaji and Green Beans	Roast Potatoes, Medley of Vegetables and Broccoli	Fresh Carrots and Garden Peas	Chips, Braised Onions and Baked Beans
Peach and Berry Crumble with Custard (1, 7, 9)	Pink Jam Slice (1, 7)	Blueberry and Orange Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Apple Flapjack (1, 14)

AVAILABLE DAILY - HOMEMADE WHOLEMEAL BREAD • FRUITY YOGHURT • JELLY • FRESH FRUIT • CHEESE AND BISCUITS • FRESH SALAD BAR

ALLERGEN KEY

1 CEREALS CONTAINING GLUTEN
2 CRUSTACEANS

3 MOLLUSCS
4 FISH

5 PEANUTS
6 NUTS

7 EGGS
8 SOYBEANS

9 MILK
10 CELERY

11 MUSTARD
12 LUPIN

13 SESAME
14 SULPHUR DIOXIDE

***ALL OUR MENUS ARE TREE NUT AND PEANUT FREE**

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WE ONLY USE



FRESHUKBEEF FRESHUKPORK FREERANGE EGGS ORGANIC MILK LOCAL FRUIT & VEG WHOLEMEAL PASTA

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MONDAY 12 SEPTEMBER	TUESDAY 13 SEPTEMBER	WEDNESDAY 14 SEPTEMBER	THURSDAY 15 SEPTEMBER	FRIDAY 16 SEPTEMBER
Spaghetti Bolognese with Garlic Bread (1, 8)	Sticky BBQ Chicken with Vegetable Rice (14)	Roast Beef with Yorkshire Pudding (1, 7, 9)	Cheesy Chicken Taco with Herby Potatoes (9)	Breaded Fish (1, 4)
Spinach, Sweet Potato and Lentil Curry with Rice	Baked Veggie Korma with Basmati Rice	Cheese, Leek and Potato Pie with a Shortcrust Topping (1, 9)	Mixed Vegetable Moussaka (1, 9, 11)	Chickpea and Coriander Patty (1, 7)
Roasted Pepper Pasta (1)	Mac n' Cheese (1, 9, 11)	Fresh Pesto Linguine (1)	Chunky Tomato Spirals (1)	Autumn Vegetable Pasta (1)
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Fresh Carrots and Green Beans	Fresh Broccoli and Sweetcorn	Roast Potatoes, Cabbage and Cauliflower Gratin (9)	Roasted Mediterranean Vegetables and Carrots	Chips, Baked Beans and Garden Peas
Peach Strudel with Custard (1, 7, 9)	Strawberry Jelly Mousse Pot (9)	Lemon Sponge with Custard (1, 7, 9)	Tutti Fruitti Thursday	Chocolate Krispie Cake (9)

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MONDAY 19 SEPTEMBER	TUESDAY 20 SEPTEMBER	WEDNESDAY 21 SEPTEMBER	THURSDAY 22 SEPTEMBER	FRIDAY 23 SEPTEMBER
Mexican Style Chicken Tortilla Bake with Rice (1, 9)	Beef Meatballs in a Tomato Sauce with Spaghetti (1)	Roast Gammon with Pineapple	 <p>Shiny Sunshine Chicken Nuggets (1, 8) A Pot of Quorn Nuggets from Over the Rainbow (1, 7, 9) Raindrop Tomato and Basil Spirals (1) Rocky Mountain Jacket Potato Please see our blackboard for choice of toppings Dream Potato Wedges, Sparkly Fruity Slaw (7) and Arc Garden Peas Fluffy Cloud Ice Cream (9) with Colours of the Rainbow Fruit Wedges</p>	Breaded Fish (1, 4)
Moroccan Chickpea and Squash Tagine	Vegetable Fried Rice with Egg Ribbons (7, 8)	Tomato and Caramelised Red Onion Tart (1, 7, 9)		Mixed Bean and Rice Burrito (1)
3 Cheese Pasta (1, 9, 11)	Pea and Ham Carbonara (1, 9)	Mediterranean Vegetable Pasta (1)		Roasted Red Pepper Pasta (1)
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Fresh Broccoli and Sweetcorn	Fresh Carrots and Green Beans	Roast Potatoes, Fresh Broccoli and Root Vegetable Mash		Chips, Baked Beans and Mushy Peas
Pineapple Upside Down Cake with Custard (1, 7, 9)	Tutti Fruitti Tuesday	Chocolate Sponge with Chocolate Sauce (1, 7, 9)		Orange Oatie Cookie (1)

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MONDAY 26 SEPTEMBER	TUESDAY 27 SEPTEMBER	WEDNESDAY 28 SEPTEMBER	THURSDAY 29 SEPTEMBER	FRIDAY 30 SEPTEMBER
100% Cod Fishfingers (1, 4)	Beef Lasagne with Garlic Bread (1, 8, 9)	Roast Beef with Yorkshire Pudding (1, 7, 9)	Lemon and Herb Chicken on a Flatbread with Rice (1)	Beefburger in a Bun (1, 10, 11, 14)
Pea and Leek Risotto (10)	Mexican Style Spring Vegetable Filled Taco with New Potatoes	Broccoli and Cauliflower Stuffed Yorkshire (1, 7, 9)	Cheese and Tomato Pizza with Diced Herby Potatoes (1, 8, 9)	Vegetarian Burger in a Bun (1, 8)
Macaroni Cheese (1, 9, 11)	Fresh Pesto Pasta (1)	Salmon Lasagne (1, 4, 7, 9)	Mixed Pepper Pasta (1)	Chunky Tomato Pasta (1)
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Oven Baked Potato Wedges, Fresh Broccoli and Baked Beans	Roasted Pumpkin and Sweetcorn	Roast Potatoes, Root Vegetable Medley and Green Beans	Fresh Carrots and Coleslaw (7)	Chips, Garden Peas and Tomato Relish
Peach and Apple Crumble with Custard (1, 7, 9)	Chocolate Orange Mousse (9)	Marble Sponge with Custard (1, 7, 9)	Tutti Frutti Thursday	Raspberry Ripple Cupcake (1, 7)

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MONDAY 3 OCTOBER	TUESDAY 4 OCTOBER	WEDNESDAY 5 OCTOBER	THURSDAY 6 OCTOBER	FRIDAY 7 OCTOBER
Chinese Style Chicken Noodles with Prawn Cracker (1, 2, 7, 8)	Oven Baked Beef Sausages with Gravy (1, 14)	Roast Turkey with Yorkshire Pudding (1, 7, 9)	<p>PIRATE DAY</p> <p>Captain Jack Sparrow Breaded Chicken Steak (1, 7, 9, 10, 14) Black Pearl Veggie Burger in a Bun (1, 8) Jolly Roger Tomato and Basil Pasta (1) Shivers Me Timbers Jacket Potato Please see our blackboard for choice of toppings Buccaneer Herby Potatoes, Sea Shanty Braised Onions, Treasure Trove Baked Beans Swashbuckle Ice Cream (9) with Walk the Plank Lemon Shortbread Finger (1)</p>	100% Cod Fishfingers (1, 4)
Biryani Stuffed Peppers	Oven Baked Vegetarian Sausages with Gravy (1, 14)	Winter Vegetable Moussaka (1, 9, 11)		Cheese and Onion Pasty (1, 9)
Mac n' Cheese (1, 9, 11)	Tomato and Basil Spirals (1)	Mediterranean Pasta (1)		Arrabiata Pasta (1)
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Fresh Stir Fry Vegetables and Green Beans	Mashed Potato, Fresh Carrots and Baked Beans	Roast Potatoes, Roasted Root Vegetables and Broccoli		Chips, Garden Peas and Tomato Salsa
Cinnamon Sponge with Butterscotch Sauce (1, 7, 9)	Strawberry Cheesecake (1, 9)	Apple and Berry Sponge with Custard (1, 7, 9)		Chocolate Brownie (1, 7, 9)

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MONDAY 10 OCTOBER	TUESDAY 11 OCTOBER	WEDNESDAY 12 OCTOBER	THURSDAY 13 OCTOBER	FRIDAY 14 OCTOBER
Spaghetti Bolognaise with Garlic Bread (1, 8)	Chicken Meatball Korma with Rice and Naan Bread (1)	Roast Gammon with Pineapple	Chicken Enchiladas with Rice (1, 9)	Breaded Fish (1, 4)
Mixed Vegetable Cottage Pie	Sweet Potato and Spinach Lasagne (1, 7, 9)	Winter Vegetable Pie with a Shortcrust Topping (1)	Mixed Vegetable Stack (1)	Crispy Quorn Nuggets (1, 7, 9)
Fresh Pesto and Pea Linguine (1)	3 Cheese Pasta (1, 9, 11)	Roasted Vegetable Pasta (1)	Vegetable Bolognaise Pasta (1)	Chunky Tomato Pasta (1)
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Fresh Carrots and Green Beans	Fresh Onion Bhaji and Garden Peas	Roast Potatoes, Fresh Carrots and Fresh Kale	Fresh Carrots and Sweetcorn	Chips, Baked Beans and Mushy Peas
Apricot Cup Cake (1, 7)	Jam Roly Poly and Custard (1, 7, 9)	Orange Sponge and Custard (1, 7, 9)	Tutti Frutti Thursday	Lemon Shortbread Finger with Fruit Wedges (1)

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FRESHUK PORK

FREERANGE EGGS

ORGANIC MILK

LOCAL FRUIT & VEG

WHOLEMEAL PASTA

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MONDAY 17 OCTOBER	TUESDAY 18 OCTOBER	WEDNESDAY 19 OCTOBER	THURSDAY 20 OCTOBER	FRIDAY 21 OCTOBER
Mexican Style Beef Chilli Wraps with Rice (1)	100% Cod Fish Fingers (1, 4)	Roast Pork with Apple Sauce	Beef Meatballs in a Herby Tomato Sauce with Spaghetti (1)	Sausage Pinwheel (1, 8)
Leek, Squash and Parsley Crumble (1)	Cheese and Onion Pinwheel (1, 9)	Vegetarian Sausage Toad in the Hole (1, 7, 9)	Homemade Spring Vegetable Roll with Rice (1, 8)	Mixed Bean Patty (1)
Tomato and Basil Pasta (1)	Autumn Vegetable Cannelloni (1)	Vegetable Pasta Bake (1)	Macaroni Cheese (1, 9, 11)	Mixed Roasted Pepper Spirals (1)
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Roasted Mediterranean Vegetables and Garden Peas	Potato Wedges, Fresh Carrots and Green Beans	Roast Potatoes, Fresh Cauliflower and Broccoli	Fresh Carrots and Sweetcorn	Chips, Baked Beans and Mushy Peas
Banoffee Mousse (1, 9)	Chocolate Orange Sponge with Custard (1, 7, 9)	Raspberry Ripple Cake with Custard (1, 7, 9)	Tutti Frutti Thursday	Gingerbread Cookie (1)

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